

Warm Up Games



In this sequence the coach puts his players through a variety of warm ups games using the ball.

- One bounce through legs
- Bounce behind the back
- Juggle and Spin 180
- Juggle and Forward Roll
- Up and Under
- Trunk Twists
- Roll the Ball
- Ball Sequence

Field Preparation

Entire group
Area 30 x 30 yards
Cones
Supply of balls

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